

CENTRAL COAST SECTION
TRACK AND FIELD CHAMPIONSHIPS
INFORMATION BULLETIN

PLACE: San Jose City College
DATE: Friday, May 24, 1974
TIME: See enclosed schedule
HOST: Leland High School, Santa Teresa Athletic League

TRACK SURFACE: Rubberized asphalt, 8x42" lanes, Olympic starting alignment.
RUNWAY SURFACES: Tartan for long, triple, high jump, and pole vault.
THROWING SURFACES: Concrete

1/4 inch spikes: All athletes will be checked for 1/4" spikes before being allowed to compete on either the tartan or asphalt.

SCRATCHES: If any qualifier is unable to compete in the trials or finals, notify your regional director as soon as possible so the alternate can be notified. Alternates will be inserted into the land or flight vacated by the athlete he is replacing.

HARDSHIP CASES: There is no provision for granting hardships in the Section meet. An athlete must compete in the C.C.S. if he is to advance to the State Meet.

COACHES PACKET: Should be picked up at athletes' gate upon arrival.

WEIGH INS: All shot and discus competitors will weigh in their implements at the table by the athletes' gate between 2:30 and 3:00. Implements that do not meet all specifications of weight, size, diameter, etc. will be confiscated until the events are completed.

EQUIPMENT CHECK: All pole vaulters will be required to have their vaulting poles checked by the event judge to insure tape restrictions are not violated. High jumpers will be checked by the event judge to insure their shoes conform to legal standards.

UNIFORMS: All athletes must compete in the school's uniform, and you are reminded that shoes are required equipment.

DRESSING FACILITIES: If possible have your athletes dress at home. The locker room will be open but locks and towels will not be provided.

ENTERING STADIUM: Coaches and athletes will be admitted at the West gate near the baseball field. Hands will be stamped for re-entry.

PASSES: The only passes that will be honored are the C.C.S. passes.

ADMISSION: Adults: \$2.00, Students: \$1.00.

PROGRAMS: Programs will be sold at the stadium for 50¢.

WEATHER: The meet will go on rain or shine.

CENTRAL COAST SECTION SEEDING PROCEDURES: TRIALS AND FINALS

The following procedures were decided upon by the C.C.S. track committee, composed of the four regional directors, the section director, and the section Commissioner. This group will function as the games committee if needed.

RUNNING EVENTS REQUIRING TRIALS:

100

100, 80 LH, 120 HH: Two equal heats, top 4 qualify for finals, seeded by place and time from regionals, with regional winners seeded first, then seconds, etc. Fastest first: lane 4 heat 1, second fastest first: lane 4 heat 2, third fastest first: lane 5 heat 2, etc. Finals seeded by time only: 4-5-3-6-7-1-8.

220, 180 LH (turn), 440 Relay: Two equal heats, top 4 qualify for finals, seeded by place and time from regionals just as flat races, but lanes will be assigned: 2-3-4-5-6-7-8-1.

RUNNING EVENTS RUN IN SECTIONS, FINALS ONLY:

440, Mile Relay: Modified slow/fast sections, finals only, placing decided by time. Fast Heat will be composed of all regional winners in lanes 2 through 5 by time, and the next four fastest qualifying times in lanes 6 through 8 and 1. Slow Heat will be composed of the remaining runners/teams, seeded in lanes 2 through 8 then back to 1 by time only. In mile relay the second runner may break after the exchange in accordance with rule book.

RUNNING EVENTS, FINALS ONLY:

880, Mile: Finals only, 2 turn stagger, runners seeded on basis of qualifying place and time; fastest first in lane 1, second fastest first in lane 2, etc. First fastest third in lane 1a (shoulder-to-shoulder in 42" lane), etc.

Two Mile: Finals only, Olympic scratch line start (same as in State), runners seeded two-to-a-lane from inside out, by place and time from regionals.

FIELD EVENTS:

Shot, Discus, Long Jump, Triple Jump: Seeded from 1 to 16 on basis of regional qualifying marks, with best mark last, broken into flights of five, five, and six, with each flight taking its three trials before moving to the next flight. The top flight in all cases will be last, and the best six from the trials will take three final efforts in inverse order of standings at end of trials. Each fair attempt will be measured, and the two minute time limit will be observed. Athletes competing in running events must check out with event judge, and they will be given a maximum of 10 minutes to recover from the end of their race.

High Jump, pole Vault: Seeded from 1 to 16 on basis of regional qualifying marks, with best mark last, broken into flights of five, five, and six. The starting heights will be the height attained by the lowest qualifier from the regionals. Each flight will complete its attempts at the starting height before moving to the next flight. When the number of competitors remaining decreases the judge will adjust flights accordingly. The two minute rule will be in effect. Ties for first of C.I.F. qualifying will be resolved by the tie-breaking procedures in the rule book, or by pre-determined jump-off heights if still unresolved.

Run-throughs, practice throws, jumps, vaults: Only one practice trial will be allowed each contestant between flights so step must be perfected prior to the start of competition.

SAN JOSE CITY
COLLEGE
TRACK & FIELD
FACILITIES

LEIGH AVE. SIDE

START: FINISH
140
440 R
MI
2-MI.
880

MORRISON
AVE. SIDE

NORTH
STANDS

PRESSBOX →

FOR
COACHES
&
ATHLETES

LONG &
TRIPLE
JUMP

AWARD

POLE
VAULT

CLERK
OF
COURSE

SOUTH
STANDS

FOR
SPECTATORS
ONLY

NO

ATHLETES

REST
ROOMS

SNACK
BAR

START
320

HIGH
JUMP

START
180 L.H. (H)

WARM-UP AREA

↑
REPORT
TO
CLERK
OF
COURSE
BY
WALKING
UNDER
STANDS

← OFFICIALS' TABLE

TICKETS

SPECTATORS
GATE

TEAM CHECK-IN

WEIGHTS &
MEASURES

PARKING

DRESSING

BASEBALL FIELD — WARM-UP AREA

Central Coast Section Championships
Order of Events

Afternoon Running Event Trials:

3:00 Varsity 440 Relay (2 heats)
3:20 Varsity 120 H.H. (2 heats)
3:40 Varsity 100 Yd. Dash (2 heats)
4:10 Varsity 180 L.H. - on turn (2 heats)
4:30 Varsity 220 Yd. Dash (2 heats)

Afternoon Field Events:

3:00 Varsity Discus to completion
3:00 Varsity Long Jump to completion
3:00 Girl's Shot put to completion

5:00 Varsity Pole Vault to completion

6:00 Girl's High Jump to completion
6:00 Girl's Long Jump to completion

Evening Running Event Finals:

7:00 Girl's 80 Yd. Hurdles
7:10 Girl's 440 Yd. Relay
7:15 Boy's 440 Yd. Relay
7:20 Boy's 120 Yd. High Hurdles
7:30 Girl's 880 Yd. Run
7:40 Boy's 880 Yd Run
7:50 Girl's 100 Yd. Dash
8:00 Boy's 100 Yd. Dash
8:10 Girl's 440 Yd. Dash
8:15 Boy's 440 Yd. Dash (two sections)
8:25 Boy's two Mile Run
8:40 Boy's 180 Low Hurdles (turn)
8:55 Girl's 220 Yd. Dash
9:05 Boy's 220 Yd. Dash
9:15 Girl's Mile Run
9:25 Boy's Mile Run
9:35 Girl's 880 Medley Relay
9:45 Boy's Mile Relay (two sections)


Evening Field Events:

7:00 Boy's Shot Put to completion

Boy's Triple Jump to completion following Girl's Long Jump

Boy's High Jump to completion following Girl's High Jump

If you have any questions about the Section Meet you may contact me at either of the numbers listed below. Good Luck to you and your athletes, and to those top three places fortunate enough to go to the State Meet in Eurekafield.


Don Bell
Meet Director
Leland High School
268-1313 ext. 21 (bus)
268-0593 (home)